



WIC APPROVED FOOD LIST FOR VENDORS EFFECTIVE OCTOBER 1, 2019

The information in this list is subject to change.

For a complete list of WIC approved foods, visit the Kansas WIC website: www.kansaswic.org.

INFANT FORMULA

Brand, type, and size as listed on the mid-receipt. No substitutions.



BABY FOOD

FRUITS & VEGETABLES

4 oz containers and multi-packs of two 4 oz containers to total 8 oz

Includes single or mixed fruits and/or vegetables.



MEATS

2.5 oz containers

Includes single meats with broth or gravy.



Brands include: **Beech-Nut, Gerber, Kroger, and Tippy Toes**

NOT APPROVED: desserts, dinners, cobblers, delights, organic, foods with added sugar, starch, salt, or DHA/ARA

INFANT CEREAL

8 or 16 oz containers

Includes barley, oatmeal, rice, whole wheat and mixed.



Brands include: **Beech-Nut and Gerber**

NOT APPROVED: cereal with added fruit, formula, DHA/ARA or organic

MILK

Product type and size as listed on the mid-receipt.

FLUID MILK

- Lowfat (1/2%, 1%) or Fat Free (skim)
- Reduced Fat (2%)
- Whole Milk

SPECIALTY MILK

- Evaporated (12 oz)
- Lactose Free (quart or half-gallon)
- Nonfat Dry

NOT APPROVED: buttermilk, flavored milk, goat's milk, raw unpasteurized milk, non-dairy milk substitutes, rice milk, almond milk, coconut milk, organic milk, milk in glass containers



YOGURT

32 oz containers

WHOLE MILK YOGURT

- **Dannon** – Plain, Strawberry and Vanilla
- **Kroger** – Plain and Vanilla
- **Mountain High** – Plain, Strawberry and Vanilla

LOWFAT & NONFAT YOGURT

- **Best Choice** – Plain, Strawberry and Vanilla
- **Coburn Farms** – Plain and Vanilla
- **Dannon** – Plain, Strawberry and Vanilla
- **Dannon Light & Fit** – Strawberry and Vanilla
- **Great Value** – Peach, Plain, Strawberry, Strawberry Banana and Vanilla
- **Hiland** – Peach, Plain, Strawberry and Vanilla
- **Hy-Vee** – Blueberry, Peach, Plain, Strawberry, Strawberry Banana and Vanilla
- **Kroger** – Plain, Strawberry and Vanilla
- **LALA** – Mango, Mixed Berry, Peach, Pina Colada, Plain, Strawberry, Strawberry Banana and Vanilla
- **Market Pantry** – Plain and Vanilla
- **Mountain High** – Plain and Vanilla
- **Our Family** – Blueberry, Peach, Plain, Strawberry and Vanilla
- **ShurFine** – Plain
- **Yoplait** – Blueberry, Harvest Peach, Plain, Strawberry, Strawberry Banana and Vanilla

NOT APPROVED: any other size, brand, flavor; products with mix-in ingredients such as granola, candy pieces, honey, nuts or similar ingredients; Greek, organic or drinkable

SOY BEVERAGE

Half gallon (64 oz) or quart (32 oz)

Brands/flavors include:

- **8th Continent** – original and vanilla
- **Great Value** – original
- **Silk** – original and aseptic original
- **WestSoy** – organic plus plain and organic plus vanilla

NOT APPROVED: any other size, container, type, flavor or brand

CHEESE

8 oz or 16 oz packages

Any type of the following flavors or combinations of flavors:

- Pasteurized Processed American (sliced)
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Swiss

NOT APPROVED: imported cheese, cheese food, product or spread, shredded cheese, sliced cheese (except American), cheese with added flavors, individually wrapped slices, or organic

TOFU

16 oz containers

- **Azumaya** – Firm
- **House** – Medium Firm, Firm and Extra Firm
- **Nasoya** – Silken

NOT APPROVED: any other size, container, type, flavor or brand

EGGS

DOZEN LARGE GRADE A OR AA WHITE EGGS

NOT APPROVED: brown, free-range, cage-free, specialty eggs, or organic

PEANUT BUTTER

16 - 18 oz jars

- Any brand
- Creamy, Crunchy or Natural

NOT APPROVED: peanut butter spreads, reduced fat peanut butter, peanut butter with added flavors, fortified peanut butter, or organic

FISH

3 - 15 oz containers

- Any brand packed in water or oil
- Light Tuna, Chunk
- Pink Salmon

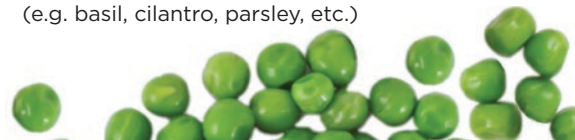
NOT APPROVED: albacore tuna, tuna spreads, smoked salmon or any other type of salmon, lunch packs, or fish with added flavoring

FRUITS & VEGETABLES

Fresh Fruits & Vegetables only

- Any variety of fresh fruits and vegetables
- Bagged salad mixes
- Bagged fruits or vegetables
- Cut fruits or vegetables

NOT APPROVED: canned, frozen, items from the salad bar, kits with sauces and/or dressings, party trays, fruit baskets, decorative fruits or vegetables, nuts, leafy herbs or spices (e.g. basil, cilantro, parsley, etc.)



DRIED BEANS / PEAS

1 lb (16 oz) or 2 lb (32 oz) bag

Any brand

- Dried Beans
- Peas
- Lentils

NOT APPROVED: soup mixes

CANNED BEANS

15 - 16 oz can

Any brand

- Black or Red Beans
- Black-Eyed, Crowder or Purple Hull Peas
- Fat-Free Refried Beans
- Garbanzo Beans (Chick Peas)
- Great Northern Beans
- Kidney Beans
- Lentils
- Lima or Butter Beans
- Navy Beans
- Pinto Beans
- Split Peas

NOT APPROVED: green beans, baked beans, flavored beans, pork and beans or chili beans, soups, beans containing added sugars, fats, meats or oils



JUICE

100% Fruit Juice Only

Only the container size as listed on the mid-receipt

ORANGE JUICE

Any brand

- Concentrate (frozen or non-frozen) 11.5-12 oz
- 64 oz shelf stable and refrigerated
- With or Without Calcium

FROZEN CONCENTRATE

11.5 - 12 oz only



- Apple



- Apple



- Apple
- Grape



- Apple



- Apple
- Grape
- Pineapple
- Orange



- Apple
- Grape
- Pineapple



- Apple
- Grape

NON-FROZEN CONCENTRATE

11.5 - 12 oz only



- Any flavor with a yellow band (100% Juice)



- Any flavor with a green lid (100% Juice)



- Apple



- Apple



- Apple



- Apple



- Apple



- Any flavor with a yellow band (100% Juice)

SHELF STABLE

64 oz only



- Apple Juice
- Apple Juice - Natural Style
- Cranberry Apple
- Cranberry Grape
- Cranberry Juice & More
- Cranberry - Naturally
- Cranberry Pomegranate
- Cranberry Raspberry



- Apple
- Grape



- Apple
- Berry
- Cherry
- Cranberry
- Grape
- Pineapple
- Punch
- Tomato
- White Grape
- White Grapefruit



- Tomato
- Tomato - Low Sodium



- Apple
- Cranberry
- Cranberry Grape
- Grape
- Pineapple
- Tomato
- White Grape
- White Grape Peach



- Apple
- Apple Cider
- Apple - Premium
- Concord Grape
- Cranberry
- Cranberry Apple
- Cranberry Raspberry
- Grapefruit
- Just Juice Apple
- Just Juice Berry
- Just Juice Cherry
- Just Juice Grape
- Just Juice Fruit Punch
- Pineapple
- Tomato
- White Grape



- Any flavor (100% Juice)



- Apple
- Grape
- White Grape
- White Grape Peach



- Apple
- Apple Berry Cherry
- Apple Cranberry
- Apple Grape
- Apple Kiwi Strawberry
- Apple Orange
- Pineapple
- Apple Peach Mango
- Concord Grape
- Grape
- Grape Juice Plus
- Harvest Apple Plus
- Pineapple
- Pineapple Orange
- Prune Juice Plus
- Red Grape
- Ruby Red Grapefruit
- Tomato
- White Grape



- Apple
- White Grape



- Apple
- Apple Cherry
- Apple Mango
- Apple White Grape



- Apple
- Premium Apple



- Blueberry
- Blackberry Acai
- Cranberry
- Cranberry Blackberry
- Cranberry Cherry
- Cranberry Mango
- Cranberry Pomegranate
- Cranberry Raspberry
- Pomegranate
- Blueberry
- Raspberry
- Blueberry



- Any flavor with 100% juice on the label



- Apple (from concentrate)
- Apple (not from concentrate)
- Fresh Pressed Apple Cider
- Grape
- White Grape



- Apple
- Grape
- White Grape



- Apple



- Apple
- Grape
- Tomato
- White Grape



- Apple
- Grape



- Apple
- Apple Berry
- Apple Grape
- Orange Passionfruit
- Pineapple Orange



- Grape
- Red Grape
- Super Berry
- White Grape

NOT APPROVED: juice that has added sugar or DHA, infant juice, organic, refrigerated (except orange), juice cocktails, drinks or ades

COLD CEREAL

11 - 36 oz

*Rich in whole grains

Best Choice

- Corn Crisps
- Corn Flakes
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat*
- Honey Oat Clusters
- Honey Oat Clusters w/Almonds
- Maple Brown Sugar Frosted Shredded Wheat*
- Rice Crisps
- Strawberry Frosted Shredded Wheat*
- Toasted Oats*
- Wheat Bran Flakes*
- Wheat Crisps*
- Wheat Flakes*



- Berry Berry Kix*
- Blueberry Chex
- Cheerios*
- Cinnamon Chex
- Corn Chex
- Fiber One Honey Clusters*
- Honey Kix*
- Kix*
- Multi Grain Cheerios*
- Rice Chex
- Vanilla Chex
- Wheat Chex*
- Wheaties*
- Whole Grain Total*

NOT APPROVED:

any cereal or brand not listed, or organic cereal



- Bran Flakes*
- Corn Flakes
- Corn Squares
- Crunchy Honey Oats
- Crunchy Nuggets*
- Frosted Shredded Wheat Bitesize*
- Multi Grain O's*
- O's*
- Oat Crunch*
- Rice Crisps
- Rice Squares
- Wheat Squares*



- Corn Flakes
- Corn Squares
- Crispy Rice
- Maple Brown Sugar Frosted Shredded Wheat*
- Oat Squares*
- Oats & More w/Almonds
- Oats & More w/Honey
- Wheat Bran Flakes*
- Wheat Flakes*



- All-Bran Complete Wheat Bran Flakes*
- Corn Flakes
- Crispix
- Frosted Mini-Wheats Little Bites*
- Frosted Mini-Wheats Original*
- Frosted Mini-Wheats Touch of Fruit Raspberry*
- Rice Krispies
- Special K Original
- Special K Protein Honey Almond Ancient Grains*
- Special K Protein Original Multi Grain Touch of Cinnamon*



- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat*
- Toasted Rollin' Oats*



- Bran Flakes*
- Corn Flakes
- Crispy Rice
- Frosted Shredded Wheat Strawberry Cream*
- Honey Crisp Medley w/Almonds
- Living Well*
- Nutty Nuggets*
- Oat Squares*
- Rice Squares
- Toasted Oats*



- Blueberry Mini Spooners*
- Corn Flakes
- Crispy Rice
- Frosted Mini Spooners*
- Strawberry Cream Mini Spooners*



- Corn Flakes
- Crispy Rice



- 4 Corner Crunch Original*
- Bran Flakes*
- Corn Flakes
- Corn Squares
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat*
- Multi Grain Toasted Oats*
- Oats and More w/Almonds
- Oats and More w/Honey
- Rice Squares
- Tasteos/Toasted Oats*



- Grape Nuts*
- Grape Nuts Flakes*
- Great Grains Banana Nut Crunch*
- Honey Bunches of Oats Honey Roasted
- Honey Bunches of Oats Pecan & Maple Brown Sugar
- Honey Bunches of Oats Whole Grain Almond Crunch*
- Honey Bunches of Oats Whole Grain Honey Crunch*
- Honey Bunches of Oats w/Almonds
- Honey Bunches of Oats w/Cinnamon Bunches
- Honey Bunches of Oats w/Vanilla Bunches*



- Life*
- Oatmeal Squares Cinnamon*
- Oatmeal Squares Golden Maple*
- Oatmeal Squares Hint of Brown Sugar*
- Oatmeal Squares Honey Nut*



- Corn Flakes
- Corn Squares
- Crispy Hexagons
- Crispy Rice
- Frosted Shredded Wheat*
- Tasteos/Toasted Oats*
- Wheat Bran Flakes*



- Corn Flakes
- Corn Squares
- Crispy Rice
- Crunchy Corn & Rice
- Frosted Shredded Wheat Bite Size*
- Oats and More w/Almonds
- Oats and More w/Honey
- Rice Squares
- Tasteos/Toasted Oats*
- Wheat Bran Flakes*
- Wheat Squares*



- Simple Granola*

HOT CEREAL

11 - 36 oz

*Rich in whole grains

Best Choice

- Creamy Farina
- Instant Regular Oatmeal*



- Co Co Wheats



- Cream of Rice
- Cream of Rice Instant



- Cream of Wheat - 1 Minute
- Cream of Wheat - 2 1/2 Minute
- Cream of Wheat Instant
- Whole Grain Cream of Wheat*
- Whole Grain Cream of Wheat Instant*



- Instant Regular Oatmeal*



- Grits Instant Butter Flavor
- Original Instant Oatmeal*



- Chocolate Hot Wheat Cereal
- Original Hot Wheat Cereal



- Maple Oatmeal*
- Vermont Style Maple Oatmeal*



- Instant Oatmeal Regular Flavor*



- Instant Grits Original
- Instant Oatmeal Original*



- Instant Oatmeal Original Flavor*

NOT APPROVED: any cereal or brand not listed, or organic cereal

WHOLE GRAINS

SOFT CORN (YELLOW OR WHITE) OR WHOLE WHEAT TORTILLAS

8, 12, 16, 20, 24, or 32 oz packages

- Best Choice
- ChiChi's
- Don Pancho
- Guerrero
- Hy-Vee
- Kroger
- La Banderita
- La Burrita
- Mama Lupe's
- Market Pantry
- Mi Casa
- Mission
- Ortega
- Our Family
- Santa Fe
- Shurfine
- Tio Santi

NOT APPROVED: any other brand or size

BROWN RICE

Any brand

16 or 32 oz containers 14 oz containers

- Regular
- Quick
- Instant

NOT APPROVED: products with added sugar, salt, flavoring, fat or oil

WHOLE WHEAT OR WHOLE GRAIN PASTA

16 oz only

- Barilla
- Full Circle
- Hodgson Mill
- Kroger
- Our Family
- Racconto
- Ronzoni Healthy Harvest
- ShurFine
- Simple Truth

NOT APPROVED: any other brand or products that have added sugars, fats, oils or salt

100% WHOLE WHEAT BREAD, ROLLS, THINS AND BUNS

12, 16, 20 or 24 oz packages

Any brand

Product labels for breads/rolls/buns must include the words **100% Whole Wheat**. Whole wheat flour must be the first ingredient listed.

Things to look for when scanning whole wheat bread

STEP 1: Check the Label

Label says "100% Whole Wheat"



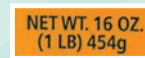
STEP 2: Check the Ingredient List

Whole Wheat flour is the first ingredient listed



STEP 3: Check Ounces in Product

Make sure the product is an allowable size



HELPFUL REMINDERS

- Give all WIC customers the same service and courtesy as non-WIC customers.
- Only one eWIC card can be used per transaction.
- The WIC customer does not need to present an ID. If the customer has an eWIC card and the correct PIN, they are able to purchase WIC foods using the eWIC card.
- Never ask for or enter the WIC customer's confidential PIN.
- Give the WIC customer plenty of time to enter their PIN.
- The WIC customer will have a maximum of 3 attempts to enter the correct PIN. On the third attempt, the eWIC card will be locked resulting in a transaction error. If this occurs, direct the customer to contact their Local WIC Agency.
- Scan or enter the UPC barcode that is affixed to the actual product being purchased. Do not use UPC barcodes from a sheet, cell phone or another product.
- The eWIC card must be the first card to be swiped at the register, before any other forms of payment (SNAP, credit/debit, etc.).
- Give the WIC customer all of their receipts.
- The WIC Shopper app is a helpful tool. Food items can be scanned with the app to see what is WIC approved.

WIC TRANSACTION ISSUES

If the WIC customer experiences any issues with their eWIC card, refer the customer to their Local WIC Agency for assistance.

If the WIC customer feels something should be WIC approved, but the item is not scanning as approved, one of the following could be occurring:

- The item is not part of the customer's current available benefits.
 - The item is WIC approved but not an eligible item for the customer.
 - The customer already used the benefit.
- The item is not WIC approved.
- The item should be WIC approved, but is not listed in the approved product list (APL).

If a product needs to be added to the APL, contact your manager or store supervisor. They will then provide the product information to the State WIC Agency.

The register system will not allow a product "override" for WIC.

CONTACT



Kansas Department of Health and Environment
Bureau of Family Health, Nutrition and WIC Services
1000 SW Jackson St, Suite 220 • Topeka, KS 66612
785-296-1320 • www.kansaswic.org/vendors

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